

Taking a trip on treatment Out and about with KEVZARA

“Travel used to be a challenge. But with these tips, **it's become easier.**”

ROY | KEVZARA patient



Please see full Prescribing Information and Medication Guide, including risk of SERIOUS SIDE EFFECTS.

KEVZARA®
(sarilumab)

When you're ready to go,
so is your treatment

WHAT IS KEVZARA?

KEVZARA® (sarilumab) is an injectable prescription medicine called an interleukin-6 (IL-6) receptor blocker. KEVZARA is used to treat adult patients with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a disease-modifying antirheumatic drug (DMARD) has been used and did not work well or could not be tolerated.

IMPORTANT SAFETY INFORMATION

KEVZARA can cause serious side effects including:

- SERIOUS INFECTIONS:** KEVZARA is a medicine that affects your immune system. KEVZARA can lower the ability of your immune system to fight infections. Some people have had serious infections while using KEVZARA, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting KEVZARA. Your healthcare provider should monitor you closely for signs and symptoms of TB during treatment with KEVZARA.

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Please see additional **IMPORTANT SAFETY INFORMATION** on pages 14-17.

Time to hit the road

When the opportunity to travel comes up, rheumatoid arthritis (RA) can bring up some challenges. It's natural to be hesitant about venturing out. Starting with small day trips may help you ease into longer trips. And when you feel ready to get out there, whether it's for vacation, work, or just a weekend getaway, there are things you can do to help your trip go as smoothly as possible. And it all starts with a plan.

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Plan on less stress

IMPORTANT SAFETY INFORMATION (cont'd)

- Before starting KEVZARA, tell your healthcare provider if you
 - think you have an infection or have symptoms of an infection, with or without a fever. Symptoms may include sweats or chills, muscle aches, a cough, shortness of breath, blood in your phlegm, weight loss, warm, red, or painful skin or sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, if you feel very tired, or if you are being treated for an infection, get a lot of infections or have repeated infections

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Please see additional IMPORTANT SAFETY INFORMATION on pages 14-17.

When traveling with RA, there's no better way to reduce stress than having a thorough plan.

Whether you're flying across an ocean or driving across a state, take extra time to:

Book in advance. Try to get a seat on the aisle or with extra leg room for stretching. If you're staying at a hotel, try to book a room on the first floor or close to an elevator.

Pick a slow travel time. There are times when airports, stations, and roads are very busy. When they're less busy, it's easier to move about and not get overwhelmed.

Make a day-by-day plan of what you'll be doing. You'll know what you need to pack and when to arrange time to rest in between activities.

Start strong. Rest up in the days before your trip so you don't start off tired.

Let your doctor know of your travel plans. Your doctor can help you put together a list of do's and don'ts, and ensure you are prepared in case a flare happens while you're away (even if it's just for the night).



What's in the bag?

No matter how long you're traveling, the lighter you pack the better. Extra weight can make things more difficult and put unnecessary strain on your joints. If your trip requires you to pack a lot, be sure to check your bag or travel with someone who can help.

Here's a packing list of things that will be helpful to have on hand in your carry-on or bag that stays with you.

Any KEVZARA and supplies you'll need while away.
If your treatment schedule overlaps with travel plans, you may need to refill before you go.

When traveling, you should have an **insulated travel bag and ice packs** to keep your KEVZARA cool. Make sure your ice packs remain frozen, or the TSA may take them away. See the [Medication Guide](#) for instructions on storing Kevzara.

Hot and cold packs. Just in case you experience pain or stiffness while in transit, heat wraps and portable cooling packs will be helpful to have on hand.

Comfortable companions, like **neck or lumbar pillows**, to make those uncomfortable seats a little more bearable.

IMPORTANT SAFETY INFORMATION (cont'd)

- Before starting KEVZARA, tell your healthcare provider if you (cont'd)
 - have diabetes, HIV, or a weakened immune system
 - have TB, or have been in close contact with someone with TB

Please see additional **IMPORTANT SAFETY INFORMATION** on pages 14-17.



CAREGIVER CORNER

Traveling with someone with RA? Be sure to add some extra time into your itinerary. Leave plenty of time for checking in and getting where you need to be without rushing. Being flexible with plans is helpful so that there's room to squeeze in resting time if they need to.

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While in transit

It's always important to listen to your body, but when you're taking a trip your routine will inevitably be interrupted. So while you're coming and going, and at your destination, there are a few ways to try and stay on top of things.



Rest stops, airports, and gas stations are usually stocked with processed foods that may promote inflammation. Having some healthy snacks in your bag can help avoid temptation.



Sitting still on long trips can cause stiffness, so it's important to keep moving as much as possible. There are simple stretches you can do right in your seat, like shoulder, neck, and ankle rolls, or other exercises like isometrics, which involve flexing and holding muscles for a few seconds at a time.

IMPORTANT SAFETY INFORMATION (cont'd)

- Before starting KEVZARA, tell your healthcare provider if you (cont'd)
 - live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance of getting certain fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis)
 - have or have had hepatitis
- After starting KEVZARA, call your healthcare provider right away if you have any symptoms of an infection.

Self-injecting away from home

Stick to your schedule

If you're on the road on injection day, don't worry. You can stay on schedule from anywhere with KEVZARA. The same rules apply no matter where you are, but here are a few things to keep in mind.

- Remember to wash your hands and clean the injection site with an alcohol wipe before injecting
- Check to make sure your KEVZARA is safe for injection. Don't inject if the liquid is cloudy, discolored, or contains particles. Safely throw away the pen or syringe in a sharps container and get a replacement
- Please see Instructions for Use for further information. You can always call if you think something's not right:
1-844-KEVZARA (1-844-538-9272)

Just in case, bring your Injection Guide on the road as a reminder, or you can watch the instructional video at **KEVZARA.com**.

Safe travels with safe disposals

Part of planning ahead includes finding out how different cities and countries handle sharps disposal. It's important to make sure it's done safely wherever you go.

IMPORTANT SAFETY INFORMATION (cont'd)

• CHANGES IN CERTAIN LABORATORY TEST RESULTS:

Your healthcare provider should do blood tests before and after starting KEVZARA to check for low neutrophil (white blood cells that help the body fight off bacterial infections) counts, low platelet (blood cells that help with blood clotting and stop bleeding) counts, and an increase in certain liver function tests. Changes in test results are common with KEVZARA and can be severe. You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests 4 to 8 weeks after starting KEVZARA and then every 6 months during treatment to check for an increase in blood cholesterol levels.

If you aren't sure if a sharps container will be available, here are some pointers to stay safe:

DO:

- ✓ Use a travel sharps container to hold all your used pens or syringes until you can safely throw them away
- ✓ Use a hard, puncture-proof container with a tight-fitting lid that you can label "Sharps Biohazard"
- ✓ Keep all medicine and supplies out of the sight and reach of children

DO NOT:

- ✗ Use containers that are clear or can be punctured and break easily, like those made of glass, plastic, or cardboard
- ✗ Drop your used syringes or pens into regular trash or recycling bins
- ✗ Cut or break off syringe or pen needles—they could hurt you or someone else



Did you know some hotels and cruises will take care of safely disposing your sharps? You can call before booking and ask about your options.

Your travel tip checklist

Wherever you go:

- Plan ahead and leave plenty of time for packing and stress-free traveling
- Keep injection supplies on hand in an insulated travel bag
- Consider keeping healthy snacks and travel pillows with you
- Use a roller bag that you can push instead of pull to lessen strain on joints
- Try not to overdo it: move at your own pace, take a break when you need it, and most important—enjoy yourself

If you're flying:

- Call the TSA at 1-866-289-9673 to request helpful services
- You can declare pre-filled syringes or pens and ice packs to airport security. Make sure ice packs are completely frozen or they may be taken away
- Think about wearing slip-on shoes and avoiding belts and jewelry to avoid taking them on and off when going through security

IMPORTANT SAFETY INFORMATION (cont'd)

• TEARS (PERFORATION) OF THE STOMACH OR INTESTINES:

Tell your healthcare provider if you have had a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people using KEVZARA had tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDS), corticosteroids, or methotrexate. Call your healthcare provider right away if you have fever and stomach (abdominal) pain that does not go away.



CAREGIVER CORNER

On long trips, everyone should get up or stretch every once in a while, not just people with RA. Stretching in your seats or taking a stroll together are things you both can make a priority.

Before or during a trip, we're here to help

If you have questions while planning a trip, or while you're on one, you can always rest assured KevzaraConnect® is just a phone call away, 24/7: **1-844-KEVZARA** (1-844-538-9272).

We provide:

- Communication with a Nurse Educator to help ensure you stay on therapy
- Injection and refill reminders
- Supplemental injection training if you need it
- Additional travel support services where you need it, when you need it

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 - have diabetes, HIV, or a weakened immune system
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- **TEARS (PERFORATION) OF THE STOMACH OR INTESTINES:**
Tell your healthcare provider if you have had a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people using KEVZARA had tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDS), corticosteroids, or methotrexate. Call your healthcare provider right away if you have fever and stomach (abdominal) pain that does not go away.
- **CANCER:** KEVZARA may increase your risk of certain cancers by changing the way your immune system works. Tell your healthcare provider if you have ever had any type of cancer.

- **SERIOUS ALLERGIC REACTIONS:** Serious allergic reactions can happen with KEVZARA. Get medical attention right away if you have any of the following signs: shortness of breath or trouble breathing; feeling dizzy or faint; swelling of your lips, tongue, or face; moderate or severe stomach (abdominal) pain or vomiting; or chest pain.
- Do not use KEVZARA if you are allergic to sarilumab or any of the ingredients of KEVZARA.
- Before using KEVZARA, tell your healthcare provider if you
 - have an infection
 - have liver problems
 - have had stomach (abdominal) pain or a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
 - recently received or are scheduled to receive a vaccine. People who take KEVZARA should not receive live vaccines
 - plan to have surgery or a medical procedure
 - are pregnant or plan to become pregnant. It is not known if KEVZARA will harm your unborn baby
 - are breastfeeding or plan to breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use KEVZARA. It is not known if KEVZARA passes into your breast milk
 - take any prescription or nonprescription medicines, vitamins, or herbal supplements. It is especially important to tell your healthcare provider if you use
 - any other medicines to treat your RA. Using KEVZARA with these medicines may increase your risk of infection
 - medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these

IMPORTANT SAFETY INFORMATION (cont'd)

- The most common side effects include:
 - injection site redness
 - upper respiratory tract infection
 - urinary tract infection
 - nasal congestion, sore throat, and runny nose

These are not all of the possible side effects of KEVZARA. Tell your doctor about any side effect that bothers you or does not go away. You are encouraged to report side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

To learn more, talk about KEVZARA with your healthcare provider or pharmacist. The FDA-approved Medication Guide and Prescribing Information can be found at KEVZARA.com or by calling 1-844-KEVZARA (1-844-538-9272).

Notes

**Another great resource
available to you, 24/7**

KEVZARA.com was created to provide you with information you can use, whether you're learning more about KEVZARA, just starting your medication, or are looking for lifestyle tips and ideas to help you in your day-to-day life.

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SERIOUS SIDE EFFECTS.



Caregiver Corner

If you're taking care of someone on KEVZARA, the tips in this brochure may help him or her stay on track when traveling. But be sure to talk to their doctor if you have any questions about their treatment while you're away.

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